



# Seared Beef Rump & Roast Veggie Toss

with Mustard Mayo

DIETITIAN APPROVED

Grab your Meal Kit with this symbol



Carrot



Sweet Potato



Beetroot



Baby Spinach Leaves



Beef Rump



Mustard Mayo



Beef Rump

Prep in: 20-30 mins  
Ready in: 35-45 mins

Carb Smart

From the juicy steak to the vibrant veggie medley and our moreish mustard mayo to top it off, you can't go wrong with this carb conscious dish.

**CUSTOM RECIPE** If you chose to swap, upgrade or add protein, follow the custom recipe steps.

### Pantry items

Olive Oil, White Wine Vinegar



## Before you start

Wash your hands and any fresh food.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

## You will need

Oven tray lined with baking paper · Large frying pan

## Ingredients

|                            | 2 People        | 4 People         |
|----------------------------|-----------------|------------------|
| <b>olive oil*</b>          | refer to method | refer to method  |
| carrot                     | 1               | 2                |
| sweet potato               | 1               | 2                |
| beetroot                   | 1               | 2                |
| baby spinach leaves        | 1 medium bag    | 1 large bag      |
| beef rump                  | 1 small packet  | 1 large packet   |
| <b>white wine vinegar*</b> | 1 tsp           | 2 tsp            |
| mustard mayo               | 1 medium packet | 2 medium packets |
| beef rump**                | 1 small packet  | 1 large packet   |

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

| Avg Qty           | Per Serving     | Per 100g      |
|-------------------|-----------------|---------------|
| Energy (kJ)       | 1848kJ (442Cal) | 372kJ (89Cal) |
| Protein (g)       | 36.4g           | 7.3g          |
| Fat, total (g)    | 19.4g           | 3.9g          |
| - saturated (g)   | 3.1g            | 0.6g          |
| Carbohydrate (g)  | 30.2g           | 6.1g          |
| - sugars (g)      | 20.8g           | 4.2g          |
| Sodium (mg)       | 453mg           | 91mg          |
| Dietary Fibre (g) | 10.5g           | 2.1g          |

### Custom Recipe

| Avg Qty           | Per Serving     | Per 100g      |
|-------------------|-----------------|---------------|
| Energy (kJ)       | 2523kJ (603Cal) | 390kJ (93Cal) |
| Protein (g)       | 67g             | 10.4g         |
| Fat, total (g)    | 23.6g           | 3.6g          |
| - saturated (g)   | 4.6g            | 0.7g          |
| Carbohydrate (g)  | 30.2g           | 4.7g          |
| - sugars (g)      | 20.8g           | 3.2g          |
| Sodium (mg)       | 528mg           | 82mg          |
| Dietary Fibre (g) | 10.5g           | 1.6g          |

The quantities provided above are averages only.

## Allergens

Always read product labels for the most up-to-date allergen information.

Visit [hellofresh.com.au/foodinfo](https://hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

## We're here to help!

Scan here if you have any questions or concerns



## Prep the veggies

- Preheat oven to **240°C/220°C fan-forced**.
- Thickly slice **carrot** into rounds.
- Cut **sweet potato** into bite-sized chunks.
- Cut **beetroot** into 1cm chunks.



## Cook the steak

- In a large frying pan, heat a drizzle of **olive oil** over high heat.
- When oil is hot, cook **beef**, turning, for **3-6 minutes** (depending on thickness), or until cooked to your liking. Transfer to a plate to rest.

**TIP:** The steak will keep cooking as it rests.

**Custom Recipe:** If you've doubled your beef, cook in batches for the best results.

### Top Steak Tips!

1. Use paper towel to pat steak dry before seasoning.
2. Check if steak is done by pressing on it gently with tongs - rare steak is soft, medium is springy and well-done is firm.
3. For ultimate tenderness, let steak rest on a plate for 5 minutes before slicing.



## Roast the veggies

- Place prepped **veggies** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and **pepper** and toss to coat. Roast until tender, **20-25 minutes**.
- When the veggies have **8 minutes** remaining, add **baby spinach leaves** and a pinch of **salt** to the tray. Gently toss to combine. Roast until tender, a further **5-8 minutes**.

**TIP:** If your oven tray is crowded, divide the veggies between two trays.



## Toss the veggies

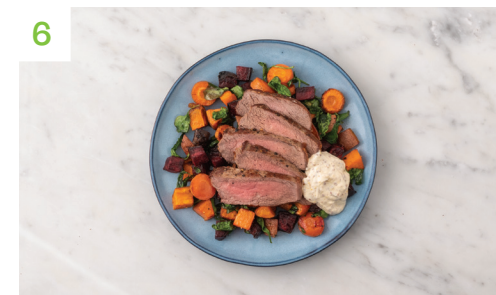
- While the steak is resting, add the **white wine vinegar** to the roast veggie tray.
- Gently toss to combine.



## Prep the steak

- See '**Top Steak Tips!**' (below). Place **beef rump** between two sheets of baking paper.
- Pound **beef** with a meat mallet or rolling pin until slightly flattened.
- Season **beef** with **salt** and **pepper**.

**TIP:** Pounding the beef ensures that it's extra tender once cooked.



## Serve up

- Slice the seared steak.
- Divide steak and roast veggie toss between plates. Spoon any resting juices over steak.
- Top with a dollop of **mustard mayo** to serve. Enjoy!

## Rate your recipe

Our Culinary team is waiting for your feedback! Let them know what you thought: [hellofresh.com.au/rate](https://hellofresh.com.au/rate)